

Goat Cheese-Stuffed Turkey Burger with Tangy Peach BBQ Sauce

Ingredients:

For turkey burgers:

- 1 pound lean ground turkey
- 1 egg
- 1/3 cup onion, diced
- 2 garlic cloves, minced
- 1 teaspoon ketchup
- 1 teaspoon dijon mustard
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon fresh ground black pepper, plus more
- 2 oz goat cheese, divided into 4 equal squares
- 4 whole wheat (or low calorie) buns

For peach bbq sauce:

- olive oil
- 1/4 of a red onion, diced
- 1 clove garlic, minced
- 1 tablespoon ketchup
- 1/2 teaspoon cumin
- 1 tablespoon tomato paste
- 1 8 Oz can tomato sauce
- 1 cup peach preserves
- 1/4 cup water
- 1 tablespoon molasses
- 2 tablespoons brown sugar or honey
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dijon mustard
- 1/2-1 teaspoon red pepper flakes
- 1 teaspoon salt
- a few dashes of hot sauce
- freshly ground pepper

Preparation:

1. To make peach bbq sauce:
2. Heat a splash of olive oil in a medium sauce pan over medium heat. Add the onions and cook until soft, about 5 minutes. Add the garlic and cook for another minutes. Reduce heat to low and add tomato paste and cumin; combining with the onion and garlic.
3. Add the tomato sauce and all remaining ingredients. Stir until combined and heated through. Taste and adjust salt, pepper, or other seasonings as you see fit. Transfer to a blender or use an immersion blender to blend until smooth. Add more water, a tablespoon or two at a time, if you prefer a thinner sauce. Set aside until burgers are ready.
4. To make burgers:
5. Combine turkey, egg, onion, minced garlic, ketchup, mustard, Worcestershire sauce, salt, and black pepper in large bowl. Divide turkey into equal sized rounds. Make 2 equal sized patties out of each round so you have 8 patties total. Sprinkle 4 of the patties with fresh ground black pepper and top with goat cheese; top with remaining patties, working the turkey around the edges to seal burgers closed. Season with salt and a few grinds of pepper. Grill or broil until cooked through, about 6 minutes per side.
6. Once burgers are cooked, place in bun and add peach bbq sauce on top.

